

**Abstract** The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and blood pressure (BP) of sedentary, middle-aged men. The subjects were divided into two groups: a control group and an exercise group. The exercise group performed a 12-week training program consisting of three sessions per week, each lasting 30 minutes. The control group did not exercise. The HR and BP were measured at the beginning and end of the 12-week period. The results showed that the exercise group had a significant decrease in both HR and BP compared to the control group. The HR decreased from 72 to 68 beats per minute, and the BP decreased from 120/80 to 110/70 mmHg. The control group showed no significant change in HR and BP. The findings suggest that a 12-week training program can effectively reduce HR and BP in sedentary, middle-aged men.

[illegible]

# TRANSMITTAL FORM

Electronic Version 1.0.2

Stylesheet Version: 1.0

Attorney Docket Number: 1018.127US1



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### Attached Files:

bibd-transmittal	efsapds.xml
fee-transmittal	efsfee.xml
specification	127 spec.xml

**Comments:**

# FEE TRANSMITTAL

Electronic Version 1.0.4

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*Patent fees are subject to annual revisions on or about October 1st of each year.*

Large Entity

**TOTAL FEES AUTHORIZED: \$ 924**

## BANK (CREDIT) CARD INFORMATION:

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## BASIC FILING FEE

Fee Description	Fee Code	Fee Paid
Utility Filing Fee	101	\$ 710

Subtotal For Basic Filing Fee: \$ 710

## EXTRA CLAIM FEES

	Fee Code	Fee	Extra Claims	Fee Paid
Total Claims: 23	103	\$ 18	3	\$ 54
Independent Claims: 5	102	\$ 80	2	\$ 160

Subtotal For Extra Claims Fees: \$ 214